



DHMH PRESS RELEASE

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FOR IMMEDIATE RELEASE:

The Maryland Tobacco Quitline provides the Gift of Support Free Services Help Tobacco users Quit for the New Year

Baltimore, MD (December 18, 2013) — Quitting tobacco use is the single most important step a tobacco user can take to improve the length and quality of his or her life. Quitting tobacco can be hard, so a good plan can help you get past symptoms of withdrawal. Five steps that can help:

- 1. **Set a quit date.** New Years is a great time to quit, along with many other people around the country. Or choose another quit day within the next 2 weeks.
- 2. **Get Support**. Share your quit date with the important people in your life and seek support. The Maryland Tobacco Quitline offers free, effective, and confidential coaching for Maryland Residents age 13 years and older, and offers free patches or gum to eligible participants. Tobacco users can call 1-800-QUIT-NOW (1-800-784-8669) or visit www.smokingstopshere.com to enroll in the program.
- 3. **Anticipate and plan for challenges**. The urge to use tobacco is short, usually only 3 to 5 minutes. Before your quit day, write down healthy ways to cope.
- 4. **Remove temptation**. Discard cigarettes and other tobacco from your home, car, and workplace. Old cigarette/tobacco odors can cause cravings.
- 5. **Consider medications**. Talk to your doctor or pharmacist about Nicotine patches, gum, or other medicines that may help with cravings.

Share these resources to a friend or family member as a gift of support for a New Year's resolution. Thousands of Marylanders have quit using tobacco with help from the Maryland Tobacco Quitline. Visit www.smokingstopshere.com or Call 1-800-784-8669 to talk to a live Quit Coach 24 hours a day, seven days a week. Counseling is provided in English, Spanish, or other languages. Make 2014 the year you quit for good.

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